

Backstroke Start Ledge



Anti Wave Backstroke Start Ledge

The Anti Wave Backstroke Start Ledge is an easy to use and practical backstroke starting device for swimmers to perform top performance backstroke starts.

The Backstroke Start Ledge includes 5 point manual height adjustment and is suitable for connection to all standard starting blocks including all Anti Wave Blocks.

Developed in consultation with Australian Swim Team members, the Ledge is simple to install and adjust on the pool by the swimmer or coach.

Key Features:

- Compatible with all standard block types, and adjustable to suit a range of swimmers needs including Masters as well as top competition swimming and training.
- Marine grade anodised aluminium body with non-slip surface, Marine Nylon Protector End Caps and Marine Polyester Webbing with SS316 Cam Buckle.
- Adjustable to 5 positions to suit each swimmers needs using simple and durable Marine StayPut and Eyelet system. Can be adjusted to +4cm above or -4cm below water level, as well as longer adjustments to suit Master/ Youth swimmers.
- Easily adjustable on the pool by the swimmer while in the water, or by the coach from the Pool deck.
- Meets FINA FR 2.10 Regulations, suitable for FINA Events.
- Dimensions are 650mm Long, 80mm Height, 20mm Width. Angle of wedge is 10 degrees.



CODE	PRODUCT	DESCRIPTION	WEIGHT	VOLUME
AWE350	Backstroke Start Ledge	Backstroke Starting Device FINA	0.85 kg	0.002CBM